



Moccasin Trail

ENNISKA / FEBRUARY 2021

Points of Interest:

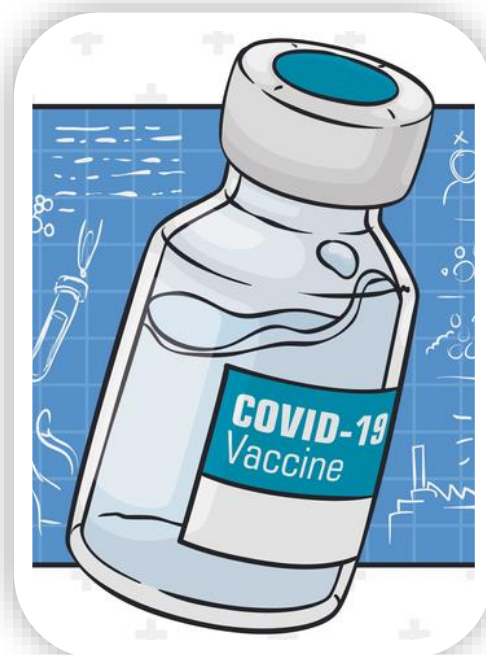
- Medicare Part B Recipient Update
- Social Distance Definition
- February Craft Kits
- Volunteer's Needed
- Why do we celebrate Valentine's Day Article
- Update on Nancy Vosbrink
- Coloring Contest



COVID-19 Vaccine Local Registration

Are you age 65 years or older and want to get the COVID-19 vaccine? Individuals 65 years and older residing on the southern portion of Akwesasne can call the SRMT Office for the Aging to pre-register for the vaccine. You need to provide your name, date of birth, and phone number. A provider from Health Services will contact you to complete a health screening and schedule your appointment. To pre-register, call the Office for the Aging at (518)358-2963.

The Mohawk Council of Akwesasne has opened a pre-registration phone for the residents of the northern portion of Akwesasne (Canadian). The MCA Emergency Operations Center is taking pre-registrations. The numbers are (613)575-5005 or (613)575-2331. They need name, date of birth, phone number and age. Appointments will be scheduled as the vaccine becomes available.



The Building is CLOSED to the Public until Further Notice

Medicare Part B Reimbursement Recipients:

Due to the ongoing increase of positive COVID-19 cases in the community, all Medicare Part B reimbursement screenings will be done by appointment only. There will be **no exceptions**.

To prevent the delay of you receiving your 2020 Medicare Part B Reimbursement, we ask that you please attempt to have your required documents at the time of your appointment. If you do not have all documents at the time of your visit, you will need to schedule another time to drop off your additional documents.

2020 SSA-1099 tax statements are currently being mailed out to all Social Security Beneficiaries. If you have not received your tax statement by January 31st, 2021, please contact our office for assistance with ordering another copy. You can also order one online at ssa.gov or call Social Security at 1-800-772-1213.

The Saint Regis Mohawk Tribe is taking all precautions to help prevent the spread of COVID-19. We ask that at the time of your appointment, you wear a mask for the whole duration of your appointment. If you do not comply, the appointment will be halted and you will be asked to reschedule. If you are not feeling well on the day of your appointment, please call us to reschedule.

If you have any questions, please call 518-358-2834.

Niá:wen/Thank you,

Alison Cooke

Information Coordinator SRMT Office for the Aging



Senior Club Membership Renewal



To receive the Newsletter in the mail you must be a Senior Club Member.

Please mail your membership fee of \$5.00 American to the Saint Regis Mohawk Senior Club:

**P.O. Box 1106
Hogansburg, NY
13655**

*If you have any
questions, please
call Karen White
at 518-319-5267*

2021

SOCIAL DISTANCING What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups or people coming together, closing buildings and cancelling events.

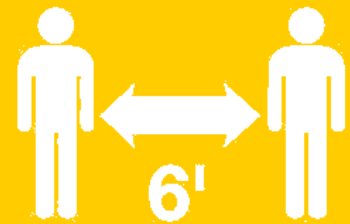
AVOID

Group Gatherings	Malls
Sleepovers	Workouts in gyms
Playdates	Church services
Concerts	Visitors in your house
Theater outings	Non-essential workers in your house
Traveling	Mass transit systems
Athletic events	
Crowded retail stores	



KEEP YOUR DISTANCE

Visit a local restaurant to get take out	Visit grocery store
	Pick up medications



SAFE TO DO

Take a walk	Listen to music	show
Go for a hike	Cook a meal	Call and check up on a friend
Yard work	Family game night	Learn a new hobby
Garden	Go for a drive	
Clean out closet	Group video chat	
Read a book	Stream favorite	



Senior Center Coloring Contest



Linda Montour

The Coloring Contest winners for the month of January is Linda Montour and Sally Hamelin! They will both receive gift cards to a local restaurant of their choice. The next contest will be available now and will **end Thursday, February 11th** by 12:00 p.m. any senior can participate! You can pick up the coloring page or we can mail to you. When your finished, you can drop it off or we can pick up!



Sally Hamelin

Enníska/February 2021

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
1 Open Face Turkey Cauliflower & Broccoli Mandarin Oranges	2 Mac & Cheese Stewed Tomatoes Brussel Sprouts Roll, Pears 	3 Sweet & Spicy Picante Chicken Harvest Rice Green Beans Roll Applesauce	4 Cheese Manicotti Caesar Salad Garlic Bread Peaches	5 Cream of Broccoli Soup Ham Sandwich Mixed Berries with Whipped Cream
8 Chicken Burger Brown Rice Wax Beans Roll Chocolate Pudding	9 Chicken Broccoli Alfredo Roll Raspberry Cookie	10 Pork Chops Stuffing Rice Pilaf Fresh Fruit	11 Cheeseburger Coleslaw Vanilla Pudding Legal Aid	12 Meatloaf Mashed Potatoes with Gravy Corn Roll Fruit Cocktail
15 CLOSED 	16 Chili Johnny Cake Fruit Ambrosia	17 Potato Crusted Cod Sweet Potato Fries Green Beans Roll Cookie	18 Goulash Italian Bread Peaches	19 Tomato Macaroni Soup Tuna Fish Sandwich Butterscotch Pudding
22 Hamburger Gravy Boiled Potatoes Peas Roll Tapioca Pudding	23 Baked Chicken Wild Rice Corn Fresh Fruit	24 Roast Beef Mashed Potato Carrots, Roll Poke Cake 	25 Turkey Rice Soup Cheese Sandwich Mandarin Oranges Legal Aid	26 CLOSED Planning Day 



Call the Center if you will not be home for
your Home Delivered Meal at

518-358-2963

Menu is subject to change do to the
availability of produce

FEBRUARY CRAFT KITS



Wooden String Art

On a block of wood, you trace the heart shape and hammer nails in. Then wrap at random or come up with your own design!



Heart Birdfeeder

Only 6 simple steps to create these pretty hanging birdfeeders with only birdseed, a heart shaped cookie cutter and unflavored gelatin.



Heart Pallet Frame or Sign

We will supply the paint and other items for you to get creative to make any kind of valentine sign or photo frame you want.



Pinecone door accent
made by Florence Cook



Pourboire Shadowbox
made by Dorothy Cole



Snowman & Pinecone door accent
made by Elaine Cook



Christmas wreath made
by Winnifred Mitchell

CLOTHING DONATION

The late Helen White would've liked her family to donate her clothes to us at the Senior Center for you all but because we are not accepting donations right now, they are being donated to the Seven Dancers Coalition. If you are interested you can find them at 1569 State Route 37 Hogansburg NY (former AK gas location) at the hours of 8:00 a.m.-4:00p.m. Monday through Friday.



Legal Aid is Back!

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior on every 2nd and 4th Thursday of the month.

Thursday, February 11, 2021

Thursday, February 25, 2021

What is the New Fad for 2020 you might ask..... VOLUNTEERING!!!!

Catholic Charities of the Diocese of Ogdensburg hosts 2 Volunteer Programs that may interest you. The Foster Grandparent Program and The Retired and Senior Volunteer Program. The Corporation for National and Community Service is a federally funded agency that has built volunteer based programs over 50 years and counting. Two of these programs are right in your backyard.

The Foster Grandparent Program of Northern New York purpose is to provide opportunities for low income persons aged 55 and older, to provide person to person services in health, education, and the welfare of children ages 21 and below. Foster Grandparents are placed in a classroom setting with a child or children who are in need of emotional support, development of basic learning skills, to provide friendship, companionship, encouragement, individual attention, and unhurried help. The Foster Grandparent also receives a small non-taxable stipend bi-weekly that cannot be held against any current benefits you may already have and you also get paid mileage for your travel. You receive paid holidays, vacations, sick and personal leave. The program currently has 40 volunteers and serves more than 100 kids per year. "Sometimes when you get to be my age, you wake up and say what good am I" and along came the Foster Grandparent Program that keeps me going! (Quote from the late Roy Foote age 83). If you think that this is something that you may be interested in please see the contact information at the bottom of the page.

The Retired Senior Volunteer Program of Franklin and Hamilton Counties purpose is to provide meaningful volunteer opportunities for older Americans. RSVP volunteers provide service to those that prove to be in need throughout Franklin and Hamilton Counties. The volunteer hours served will help not only the people served but their families as well. Volunteer hours will encourage healthy living and independence and help to combat loneliness and depression, and give the youth of our community an upper hand in education. This goal will be accomplished by placing volunteers with homebound and hard to reach elders/and or children by providing friendly visiting, running errands, medical transport, delivering meals, friendship and assisting children with reading and tutoring. We also provide reimbursement for your travel.

SHARE WHAT YOU KNOW



If you think you may be interested in becoming a volunteer please call our office at: 518-359-7688. Melissa Howard- Volunteer Coordinator Hanna Smith- Assistant Volunteer Coordinator

We Have the Cause, You Have the Effect- Volunteers Needed

Foster Grandparent Program of Northern New York

The Foster Grandparent Program purpose is to provide opportunities for low-income persons aged 55 and older (that reside in Franklin, Clinton, Essex, Jefferson and St. Lawrence Counties) to provide person to person services in health, education and the welfare of children ages 21 and below. Foster Grandparents are placed in a classroom setting with children who need development of basic learning skills, to provide friendship and unhurried help. You will also receive a small non- taxable stipend that will not interfere with current benefits you may be receiving. You will also receive mileage for travel, paid holidays, vacations, sick time, and personal days! We hope that you will be part of our team of volunteers in your community. Please call Melissa Howard at (518) 359- 7688 for more information on how you can join TODAY!!!!



Retired and Senior Volunteer Program of Franklin County

The RSVP Program's purpose is to provide meaningful volunteer opportunities for Americans age 55 and older. RSVP volunteers provide service to those that prove to be in need throughout Franklin County. The volunteer hours served will help not only the people served but their families as well. Volunteer hours will encourage healthy living and independence and help to combat loneliness and depression and give the youth of our community an upper hand in education. This goal will be accomplished by placing volunteers with homebound and hard to reach elders/and or children by providing friendly visiting, running errands, medical transport, delivering meals, friendship and assisting children with reading and tutoring. We also provide reimbursement for your travel and you make your own schedule! If you would like to become part of our team, please contact Melissa Howard at (518)359-7688

Why do we celebrate Valentine's Day?

Author Geoffrey Chaucer lived in the Middle Ages, the era of courtly love, when broad, romantic statements of devotion—poems, songs, paintings—celebrated partnership. By the end of the 15th century, the word “valentine” was being used to describe a lover in poems and songs of the day, and in the 18th century, a book called *The Young Man’s Valentine Writer* was published in England. By the mid-19th century, mass-produced paper Valentine’s Cards were being created (though Valentine card ideas are still worth trying), and Valentine’s Day as we know it was born.

The truth about Valentine’s Day history is that the romantic holiday isn’t immune to trauma. In Prohibition Chicago in 1929, seven men were killed by a gang organized by Al Capone on February 14. The Valentine’s Day Massacre became a flashpoint in Prohibition history, with police and lawmakers going after the gangs and mobs that had formed in cities to control then -illegal substances like alcohol.

What is the meaning of Valentine’s Day?

Over the years (and centuries), Valentine’s Day has been a religious celebration, an ancient ritual day, and a commercial holiday. All that change means the meaning of Valentine’s Day is truly whatever you want it to be: You can skip the celebrations completely, buy yourself some chocolate or flowers, or express your love and appreciation for the people in your life, whether they’re co-workers, romantic partners, friends, or family members. Some people love Valentine’s Day, and some people just love to hate it; Galentine’s Day (and Galentine’s Day gifts) are a relatively new way to celebrate, as women stock up on Valentine’s Day ideas for her and celebrate their love for their closest friends.



If you’re trying to figure out what to do on Valentine’s Day, just know that there are no rules: It’s a new era, and you can celebrate the day of love however you want, even if it’s just through self-love. A nice dinner out, going to the movies, cooking a fancy meal at home, or hosting a Valentine’s Day party are also great ways to celebrate; whatever you do, if you have a romantic partner, just make sure you’re on the same page to avoid any disappointments or hurt feelings.

"Where in the World did Nancy Go?"

Do you all remember Nancy Vosbrink who was our Caregiver Coordinator? She remembers us and asks about everyone all the time. After her departure from our center she moved to Pennsylvania with her husband, Walter, and I would like to report that they are now in CALIFORNIA! I mean, could she get any further away?

While in PA, she searched for their dream job and they connected with a young man from LA that owns a 320-acre property in the middle of the Sequoia National Forest. After a quick visit, as she describes, a beautiful and rugged country area, they returned to PA and packed up and headed west.

Their new home is powered by Solar Energy and Nancy and Walter provide security to the property and maintenance. In the future they will manage a couple of Air B&B places. She reports that the forest is closed for 6 months out of the year and they are in the inside, with their mailbox being 40 minutes away! I guess we could say that it was just in time to be isolated. They did have to keep an eye out for the fires that were closing in on them and thankfully they were safe. There is a helicopter pad located on the property for an emergency back-up plan.

We wish the both of them great success and to stay safe and healthy. We miss our Nancy. We look forward to more updates and beautiful pictures in the future!

Article by Joy Lazore-Gibson



February Birthday Parties in 2017 and 2020



Our Birthday meal was held on Wednesday, February 22, 2017 and our Birthday Buddies who came to celebrate with us were Linda Printup, Frank Hutt, Paulette Reid, Roger Caldwell, Clark Lazore, Hazel Bero, Kathi Jock, Joyce Laffin and Gordon Delormier. Be sure to come in the month of your Birthday to celebrate with us!



Our February 2020 Birthday Meal Attendee's:
 Frank Hutt– February 3rd
 Paulette Reid– February 19th
 Roger Caldwell– February 12th
 Diane Boots– February 14th
 Margaret Montour- February 22nd
 Hazel Bero– 17th
 Clark Lazore– 17th

Senior Step Challenge!

**PRIZES FOR
1ST, 2ND &
3RD!!!**

February is Heart Health Month. Increase your physical activity and decrease your risk of cardiovascular disease!

Track your steps for the month of February and report to Katie or Joy on a weekly basis. We can give you a tracking chart to help you record.



We have 12 pedometers available, first come first serve!

Register by Wednesday, February 3rd with Katie Boots-Lazore or Joy Lazore-Gibson (518)358-2963



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!

1- Gordon Ransom	12- Roger Caldwell	22- Margaret Montour
2- Rose Dillon	Mary Wainman	23- Kathi Jock
3- Frank Hutt	Helen Arno	Iris Oakes-Fravel
Honora Bonaparte	13- Diane Boots	24- Charlie Daniels
4- Becky Bero	14- Lucille O'Brien	25- Shirley Gorrow
Dawna Arbor	Leslie Barnes	Ken Marlow
5- Thomas Jacobs	Linda Printup	Nanci Ransom
7- Rita White	16- Dorothy Cole	27- Jackie Mitchell
Helen Chubb	17- Everett Hampton	28- Rose Thompson
8- Doris P. Robinson	Hazel Bero	29- Charlene Spieler
10- Emily Thompson	Clark Lazore	
Arthur Jacobs	18- Barbara Garrow	
William Oakes	Dorothy Cole	
Irv MacLaren	19- Phyllis Jacobs	
11- Lori Thompson	Paulette Reid	
Lucille Peters	Joyce Laffin	

**Bold are Saint Regis
Mohawk Senior Club
Members**

FEBRUARY HOROSCOPES

Aquarius: Jan. 20 – Feb. 19

The main plot of 2021's astrology reaches its first of three pinnacles this month. Consider this, dear Aquarius; who you are becoming and growing into requires an honest reckoning with your past. Allow for new narratives and different versions of the same stories shared within your family to blossom from deep within. You might just discover truths that give you permission to free yourself from the burdens of yesterday.



Pisces: Feb. 20 – March 20

There is a turbulent storm brewing deep inside you. The tension between going inward and the urgency to externalize is poignant and loud this month. Take some time processing your thoughts and feelings so you can translate them into coherent words. New insights become more available if you allow yourself stillness and solitude. Don't miss out on other people showing their true colors. Pay attention.





St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard
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If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:
www.srmt-nsn.gov/office_for_the_aging

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**